

**A SIMPLE TO USE SIZING GUIDE.  
JUST PRINT, CUT, AND WRAP.**

**1**

## **PRINT**

Print the Document.  
Make sure page scaling is set to NONE.

**2**

## **CUT**

Cut out the sizes you are considering.

**3**

## **WRAP**

Wrap it around your wrist to test.  
Consider taping the ends together

**4**

## **REMEMBER**

Remember the actual bands will stretch.

**THANK YOU!**

